



**Policy:** 4200  
**Procedure:** 4200.11  
**Chapter:** Behavioral Health  
**Rule:** Therapeutic Restraint

**Effective:** 06/08/2007  
**Replaces:** N/A  
**Dated:** N/A

### **Purpose:**

The Arizona Department of Juvenile Corrections (ADJC) recognizes that circumstances may exist when it is necessary to use prescribed therapeutic restraints to prevent a juvenile who is physically out of control from harming himself/herself or others, and other less restrictive interventions have failed to bring the juvenile under physical control or are otherwise impractical. The use of therapeutic restraints is an extreme and exceptional measure that shall be used only to contain the bodily movements of an out of control juvenile who has been identified by a Qualified Mental Health Professional (QMHP) as having mental health issues, is listed on the current Suicide Prevention Status (SPS) list, is engaged in active self-harm, or requires mechanical restraint for longer than 15 minutes.

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### **Rules:**

#### **1. General Provisions:**

- a. **AGENCY EMPLOYEES** shall:
  - i. Use the least amount of restraint necessary to achieve control when a juvenile is engaged in serious physical injury to self and when all other less restrictive interventions have failed or are otherwise impractical;
  - ii. Restrict the use of therapeutic restraints to the Separation Program;
  - iii. Employ therapeutic intervention as prescribed by a QMHP in conjunction with the application of therapeutic restraints;
  - iv. Comply with all provisions in a juvenile's Individual Behavior Plan (IBP) regarding prescribed therapeutic restraints;
  - v. Under no circumstance give or accept orders for therapeutic restraints on a "p.r.n." or "as needed" basis;
  - vi. Remove all items or articles (e.g. straps, jewelry) with which a subject or juvenile might inflict self-injury prior to the application of restraint devices;
  - vii. Permit the juvenile to wear as much clothing as is safe;
  - viii. Apply restraint devices properly without securing them so tightly as to interfere with blood circulation or so loosely as to permit chafing or escape;
  - ix. Ensure the juvenile's personal dignity by providing a protected environment and as much privacy as possible; and
  - x. At the discretion of the approving QMHP, terminate therapeutic restraint as soon as the juvenile's behavior indicates the threat of imminent self-injury is absent.

#### **2. Therapeutic Restraint Devices:**

- a. **AGENCY EMPLOYEES** shall apply therapeutic restraint devices only in the following manner and combinations:
  - i. Upper: Soft cuffs attached to the wrists and anchored to a soft waist belt in the front only;

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- ii. Lower: Soft cuffs attached to the ankles and joined with a soft belt;
- iii. Upper and Lower: May be used at the same time but may not be attached together or interlocked;
- iv. Restraint Chair: A professionally manufactured chair specifically designed and approved for the purpose of restraining a physically out of control person.

#### 3. Authorization for Therapeutic Restraints:

- a. Whenever possible, the **SECURITY OFFICER-IN-CHARGE (OIC)** shall request approval from a QMHP before any therapeutic restraints are used;
- b. In an emergency where prior authorization is not possible, the **SECURITY OIC**:
  - i. May authorize the use of therapeutic restraints using minimal appropriate force;
  - ii. Shall notify a QMHP as soon as possible after therapeutic restraints are applied; and
  - iii. Document his/her action(s) on Form 1190.01 Incident Report.
- c. The **SECURITY OFFICER-IN-CHARGE (OIC)** shall:
  - i. If no QMHP is on grounds request permission in the following order:
    - (1) Statewide On-call Psychologist;
    - (2) Clinical Services Administrator;
    - (3) Assistant Director of Programs and Institutions;
    - (4) Deputy Director; or
    - (5) Director.
  - ii. Obtain authorization for continued restraint from a QMHP every 30 minutes up to a maximum of two hours;
  - iii. At two hours obtain authorization for continued restraint from a **LICENSED PSYCHOLOGIST** every 30 minutes, up to a maximum of one additional hour;
    - (1) The **QMHP** shall document the need and notify the psychologist of the need for continued restraint.
  - iv. At three hours obtain authorization for continued restraint from a **LICENSED PSYCHIATRIST** every 30 minutes until the use of restraints is terminated.
    - (1) The **LICENSED PSYCHOLOGIST** shall document the need and notify the Psychiatrist of the need for continued restraint.

#### 4. Notifications:

- a. When therapeutic restraints are used on a juvenile, the **OIC** shall notify:
  - i. The Superintendent or designee;
  - ii. On-site medical; and
  - iii. The Statewide On-call Psychologist if no QMHP is on site.

#### 5. Medical Care:

- a. A **QUALIFIED HEALTH CARE PROFESSIONAL (QHCP)** shall examine a juvenile within 15 minutes after therapeutic restraints are applied and every 15 minutes thereafter until restraints are terminated in accordance with Procedure 3100.10, Health Response to Restraint of Juveniles, in order to:
  - i. Review the health record for any contraindications or accommodation which, if present, are immediately communicated to Security;
  - ii. Initiate health monitoring to include checks for:
    - (1) Circulation;
    - (2) Nerve damage; and
    - (3) Airway obstructions.
- b. If no QHCP is on site, the **OIC** shall notify the On-Call Medical Provider.

#### 6. Documentation:

- a. **AGENCY EMPLOYEES** shall:
  - i. Document the use of therapeutic restraints on Form 1190.01A Incident Report;
  - ii. Report the use of therapeutic restraints in accordance with Procedure 1190.03, Significant Incident Reporting;

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- (1) Anytime the restraint chair is used, or
    - (2) When any other therapeutic restraint has been employed for two hours or more.
  - b. **SEPARATION PROGRAM EMPLOYEES** shall:
    - i. Maintain a Restraint Log containing a separate Form 4200.11A Therapeutic Restraints Flow Sheet for each use of therapeutic restraints; and
    - ii. Make an entry in the Separation Log Book stating:
      - (1) Name(s) of each juvenile placed in restraint devices;
      - (2) Time at which the juvenile was restrained; and
      - (3) Time at which restraint was terminated.
  - c. **QMHPs** shall:
    - i. Write a progress note in the juvenile's Separation File regarding the authorization of any:
      - (1) Therapeutic restraint; and
      - (2) Special restrictions such as a suicide blanket and/or jumpsuit.
    - ii. Ensure all progress notes are placed in the juvenile's mental health file;
- 7. **Monitoring and Care:**
  - a. The **SECURITY OIC** shall monitor the use of therapeutic restraints to ensure compliance with this procedure;
  - b. **ONE DIRECT CONTACT TRAINED EMPLOYEE, PREFERABLY NOT INVOLVED IN THE APPLICATION OF RESTRAINTS** shall:
    - i. Provide continuous, in-person visual supervision of restrained juveniles:
      - (1) In the juvenile's immediate proximity; and
      - (2) With the room door open.
    - ii. Maintain physical possession of any restraint key(s);
    - iii. Ensure restrained juveniles are provided:
      - (1) Circulation and position checks at least every 15 minutes;
      - (2) Opportunity for motion and exercise for a period of not less than ten minutes for each limb every two hours;
      - (3) Regularly scheduled meals and drinks served on appropriate food-ware for safety;
      - (4) Regularly prescribed medications, unless otherwise ordered by a Physician;
      - (5) Bathroom privileges;
      - (6) A room within the Separation Unit:
        - (a) Of adequate size;
        - (b) Free of safety hazards;
        - (c) Adequately ventilated during warm weather;
        - (d) Adequately heated during cold weather; and
        - (e) Appropriately lighted.
    - iv. Document observations, findings, and approvals on Form 4200.11A Therapeutic Restraints Flow Sheet.
  - c. **QMHPs** shall:
    - i. Be the approval authority regarding the initiation, modification and termination of therapeutic restraints in accordance with this procedure;
    - ii. Provide or request, when possible, continual therapeutic intervention in addition to the use of restraints;
    - iii. Physically visit a juvenile who has been in therapeutic restraints for more than two hours; and
    - iv. Provide therapeutic counseling within 24 hours after the use of therapeutic restraints.
- 8. **Follow Up:**
  - a. The **FACILITY SUPERINTENDENT IN CONJUNCTION WITH THE FACILITY PSYCHOLOGIST** shall ensure:
    - i. A QMHP evaluates each juvenile as soon as possible, but not later than 24 hours following the removal of therapeutic restraints;

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- ii. Each juvenile placed in therapeutic restraints is evaluated as soon as possible for referral to an appropriate treatment setting, as clinically indicated.

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<b>06/08/2007</b>	<b>Michael Branham, Director</b>		
<b>(Posted 08/03/07)</b>			